**Diets**

* Dieting: Cutting out certain foods, eating more of other foods, cutting back on calories overall, using diet pills or supplements, following a plan that promises \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* People that go on and off diets all the time may never establish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dieting or weight cycling, refers to a pattern of rapid weight loss and gain.



**Cycle of Dieting**

**Fad Diets**

* Popular weight-loss methods that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sound nutrition principles.
* RISKY
* Promise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight loss

**Disadvantages of Diets**

* Frauds
* Cost
* Limited food choices/lack of variety
* Lack of important nutrients
* Most gain it back....plus more

**To Watch out For:**

1. Very low-calorie (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_calories or less per day)
2. Eating plans based on a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, such as grapefruit or cabbage soup
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diets that are low in calories
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– going without food
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – create health problems
6. Plans that promise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight-loss (over two pounds per week)

**Based on Everything we have learned this year – what are some ways that people can manage their weight successfully and healthily?**